

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



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March 9, 2001

the inside Scoop

Juvenile program:

A new corrections program gives base authorities power to investigate alleged juvenile misconduct and to impose discipline on the guilty...

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Senior sergeant:

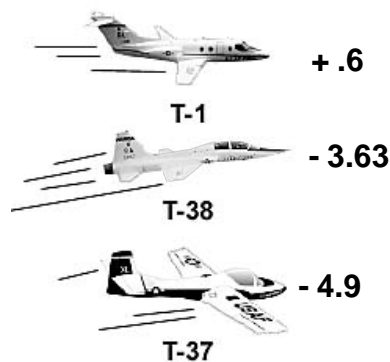
A Laughlin master sergeant received word he will be sewing on senior master sergeant stripes...

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Mission status

(As of March 6)

Days ahead(+) or behind(-)



Fiscal Year 2001 statistics

--Sorties flown: 26,246
--Hours flown: 39,332.2
--Pilot wings earned in FY 01: 115
--Wings earned since 1963: 11,823

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Base controllers best in command

By 2nd Lt. Anthony Chu

47th Operations Support Squadron

Del Rio Approach Control, Laughlin's radar approach control (RAPCON) facility, has been recognized as Air Education and Training Command's 2000 D. Ray Hardin Air Traffic Control Facility of the Year.

One of the busiest radar air traffic control facilities in the Air Force, Del Rio Approach is charged with separating aircraft flying in more than 10,000 square miles of airspace within about 60 miles of the base. Part of the airspace extends as far as 100 miles north of Laughlin.

The RAPCON supports the 47th Flying Training Wing's pilot training mission and provides approach control service to local airports such as Del Rio and Maverick County International airports, the Piedras Negras, Mexico, airport and numerous ranches within the airspace.

"I'm very proud of our selection as air traffic control facility of the year," said RAPCON chief controller Chief Master Sgt. Ignacio Reyes Jr. "It's quite an achievement and tribute to the hard work and training of our people."

Many things contribute to Laughlin having one of the most complex air traffic control environments. Because Laughlin produces more Air Force pilots than any other pilot training base, the

skies are often saturated with fast maneuvering jet aircraft. Two large blocks of airspace are reserved for special military use, and many aircraft flying into the Del Rio area have to be brought in underneath, over or around those



Photo by Airman 1st Class Brad Pettit

Staff Sgt. Shane MacPhearson, 47th Operations Support Squadron air traffic controller, discusses Laughlin's air space and how it affects and contributes to the community with Del Rio Mayor Dora Alcala during her visit to the RAPCON Tuesday. The mayor also visited the control tower on the flightline during her tour.

military operations areas.

Additionally, almost half the airspace around Laughlin is not usable by controllers because of adjacent Mexican territory. The airplanes that fly in local skies also have varying airspeeds that make sequencing them for final approach extremely difficult.

"To know you can do it drives us to keep working harder," said Airman 1st Class Pammi Davison, a newly upgraded radar controller. "[Controlling] is an experience I completely enjoy – I absolutely love my job."

However difficult the job is, controllers like Davison and Airman 1st

Class Paul Mitchell see their duty to separate aircraft as challenging and fun. Airman 1st Class Mitchell often checks the "Mission Status" section of the Border Eagle to see how he contributed to the wing's pilot training mission.

"Seeing in the paper that I have a direct effect on [the mission] is really cool," he said. "I'm pushing the jets, and that's a great accomplishment."

But air traffic complexity was not the only reason RAPCON won the award. In 2000, Del Rio Approach creatively maximized scheduling tools to sustain more than 101,000 flying hours with near 50 percent manning. Also, local military and civilian pilots consistently praised the Laughlin air

**"The RAPCON
deserves a high-five
for this one!"**

**-Capt. David Merritt
47th Operations Support
Squadron Airfield Operations
flight commander**

See 'Award,' page 6

Commanders' Corner

Family members are most important base resource

By Col. John M. Betts

47th Support Group commander

It's almost been a year since the 47th Support Group change-of-command ceremony that ended with my holding a "brick" (those bulky mobile radios) and answering to the call sign "Command Four." I was immediately impressed by the sense of community at Laughlin and the great people living and working here.

We had lived "on the economy" for the past 14 years and found it a refreshing change to be a more integral part of the Air Force community again. A lot has changed in the last year. For one thing, I now answer to call sign "Longhorn". But the sense of community remains and the great people who moved on were replaced with people just as great.

It is this sense of community – almost a feeling of family – that people say they miss most when they retire or separate from the Air Force. Wherever you go in the Air Force, you have an "instant family." You immediately connect with people you relate to through shared experiences, interests and values. You are likely to meet some you have served with in previous assignments. And we are all part of this larger-than-

life thing, which is the defense of our country and way of life.

Like any family, the relationship exists by virtue of just being a member of the Air Force. But it is up to us to develop the relationship into something productive and satisfying. You don't stay close with your family if you don't go to the family reunions. Similarly, we lose touch with our Air

Force family if we don't reach out to our neighbors and get involved in activities with our friends and neighbors, or participate in base functions. Laughlin offers many clubs and activities you can usually find advertised in this paper.

It seems to me that quality of life is really based on relationships. We can increase pay, build better dorms, or provide more services, but without friends and family there isn't a quality of life increase; we're just better paid, better-housed, and still unhappy people. Each of us leaves here the better for our association with

the other members of this "family." You might not like the heat of Del Rio, but if you develop friendships, it will be those people you remember and not the 110-degree days. You will likely be somewhat nostalgic about the days when you were contributing to the mission – despite the heat – and feel a

"We can increase pay, build better dorms, or provide more services, but without friends and family there isn't a quality of life increase; we're just better paid, better-housed, and still unhappy people."

-Col. John M. Betts

47th Support Group commander

See 'Family,' page 3

Should I stay or should I go?

By Master Sgt. Jim Perry

Ramstein Air Base, Germany

Should I stay or should I go? Easy steps for a talented dancer, but when applying this song to the reality of making the military a career, the steps may get difficult. One might stumble, move the wrong way, or even trip and fall on his or her face.

Nearly 20 years ago, I signed on the dotted line. I never regretted it. Having three older brothers who all joined the military, I knew that was what I was going to do. My oldest brother and I both made a career out of the military. I never beat him in rank, although we both held the same rank occasionally.

Early in my career, we were both stationed at Wurtsmith Air Force Base, Mich. Ironically, we both lived on the same street in base housing. He was a staff sergeant, and I was an E-4. When I made staff, he put in for an assignment. It was embarrassing for him to be around his little brother who was now the same rank as he.

My brother wasn't dumb. He could test well. But, he did get out of the service for one year, then came back in. I thought he had it made once he was out. He was working for my uncle, getting paid good money. Come to find out, he said money wasn't everything. Security for him and his family was sound while in the Air Force. He didn't have that same sense of security in the civilian world.

I never had a break in service; however, I weighed the pros and cons twice during my career. The bottom line: What company can provide the security, benefits, training, travel,

See 'Stay or go,' page 3

Col. Jack Egginton
Commander

1st Lt. Dawnita Parkinson

Public affairs officer

Airman 1st Class Brad Pettit

Editor

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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, Ext. 5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be E-mailed to: bradley.pettit@laughlin.af.mil or reginald.woodruff@laughlin.af.mil

"Excellence – not our goal, but our standard."

– 47 FTW motto

'Family,' from page 2

great pride in knowing that not just anyone would choose to have done it. And your friends and family are witnesses to it. Don't miss out on this lifelong benefit of military service.

Since we are family, don't be afraid to be involved in the life of the community. If we have unruly children at the bus stop or vandalism, don't assume it is the security forces' job to control the situation. It is up to all of us. We have to take care of each other, that's what a family does.

There are a lot of things we can't do because we lack resources, but I really don't believe you will find a group that cares as much for you or works as hard to help you as this community at Laughlin. My neighbor doesn't seem to believe there are such things as strangers; they are just friends he hasn't met yet. Get out and meet your neighbors. I think you'll like them, and we'll all be the better for it!

'Stay or go,' from page 2

camaraderie and adventure given in today's military, whether it be Army, Air Force, Navy, Marines or Coast Guard?

I've given a lot toward the military. In turn, the military has given me an equal share, if not more. Imagine the costs associated with having to pay for the delivery of five children, along with the care provided for my family and me.

At 20 years I get to retire. I think it's great, but think about it. I was only present for a little more than 18 years of it. You get nearly two years off for leave. I don't know too many companies who, first, let you retire at 20 years, but during the 20 years allow 30 days paid vacation each year. Think about it.

Think about all the training. I never dreamed of having all the training provided to me at no cost. I've had four Air Force specialties: security police, supply, student training adviser and public affairs. I've been to instructor school, provided Soviet awareness briefings to non-prior students, journalism school, countless environmental courses and

much, much more.

When I got bored, I moved on, not out. I've been assigned to seven different bases, always my first choice.

The Air Force provides opportunities for all. Most have heard "Air Force needs come first." Take advantage of it; let it work for you.

I have an associate's degree, which wasn't hard or costly. I don't have the G.I. Bill. When I joined back in 1981, I fell under a program called Veterans' Education Assistance Program. Since I never put one dollar into it, I am not entitled to the G.I. Bill. I regret it now, but at the time education was not my priority. Today, people can get more than \$20,000 in educational benefits.

I can go on and on. Just think about a few things when making your decision. If you find a company that will provide you with a place to live, three meals a day, free training, 30 days paid vacation annually, medical benefits, retirement at 20 years, paid moving expenses, unlimited travel opportunities and a chance to meet some of the best people from all walks of life, let me know. I retire soon.



Do the world a favor. Recycle this newspaper.



Actionline

Call 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation and I look forward to reading some quality ideas and suggestions.



Col. Jack Egginton
47 FTW commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Inspector General	298-5638
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Equal Opportunity	298-5400
FWA hotline	298-4170

Question: I have an idea that would help improve the quality of life here on base. Providing a vending machine would provide the sale of purified water and allow the refilling of jugs.

I know many families purchase this off base and a cost-effective way to do this would be to install such vending machines on base. There is one available at H-E-B and I personally travel down there and do my shopping just so I can purchase the jugs from their machine.

I think if we had these on base it would also increase the number or people who shop at the commissary.

Answer: Thank you for your fine suggestion. We have done some research and have

found a source that is already available in Del Rio and that is willing to provide this service at Laughlin.

The vending source that we have located is Glacier Water, and we are currently trying to establish a contract with them. We hope to have a date of installation of the water dispenser vending machine within the next couple of weeks.

We look forward to providing this necessary service to Laughlin. Any questions can be directed to Sharee Taylor or Helene Hamel at 298-3627.

Question: For the entire past week, regular unleaded has been at least 2 cents a gallon higher than the cheapest station in Del Rio (Sonny's Drive In No. 2).

For several days about two weeks ago, this difference was as much as 4 cents a gallon higher on

base. Why is gasoline more expensive at the Laughlin Service Station than it is off base?

Answer: Thank you for bringing this to our attention. We immediately lowered our prices.

The Laughlin Service Station has a policy to meet our local competitors' prices. Surveys are usually conducted using H-E-B, Town & Country, Diamond Shamrock and the store located just outside the base on Highway 90.

In the past H-E-B has had the lowest price. Recently, Sonny's Drive In prices have been the lowest in town. This was an oversight on our part.

We apologize for any inconvenience this may have caused. If you have any future problems, call the Shoppette manager at 298-3867.

Base enforces juvenile corrections program

By 2nd Lt. Neil Whelden
47th Flying Training Wing Legal Office

A new program was recently implemented on base that gives Laughlin authorities the power to investigate alleged instances of misconduct by juveniles and to impose discipline on those found guilty.

Parents or legal guardians, however, still retain primary responsibility for the conduct of juveniles in their care, to include ensuring compliance with applicable federal, state and local laws, as well as Air Force and base regulations.

The main objectives of the Juvenile Corrections Program are to rehabilitate any offenders and maintain good order and discipline on Laughlin.

Certain senior base officials, such as the 47th Support Group and 47th Operations Group deputy commanders, have been delegated the authority to act as juvenile misconduct magistrates. It is their job to review allegations and request that any person charged with misconduct explain why privileges should not be limited or revoked or why disciplinary action should not be taken.

If, after Security Forces submits an incident report, the legal office deems that further investigation is necessary, the case is referred to a juvenile misconduct magistrate for a hearing.

Since the hearing is not an adversarial hearing, the offender and sponsor do not have the right to legal counsel, to call witnesses or to cross-examine witnesses called by the magistrate. They may, however, provide written statements in their defense to the magistrate.

"I believe this program is the right approach to deal with any incidents of misconduct by our youth, and it does so in a way that incorporates the best interests of both the young people and the base," said Col. Jack Egginton, 47th FTW commander. "We're not trying to single out any particular group. We just believe this program will serve as a deterrent and help keep our youth out of trouble — which is really the bottom line."

For more information about this program, call the legal office at 298-5172.

The process...

The complaint

- A report is prepared by security forces.
- If the complaint is against a juvenile, a copy of the report is sent to legal for review and coordination.
- The Staff Judge Advocate evaluates each case and decides whether or not to approve further investigation.
- If approved, SF will prepare a memo, which first goes to the juvenile misconduct magistrate for approval of a hearing date and location.
- The legal office will ensure the memo is mailed to the offender and his/her sponsor.

The hearing

- The juvenile and sponsor may make an oral statement in their defense. Any other information, such as statements from other family members or witnesses, must be in writing.
- To protect the privacy of the accused and parents, hearings are not open to the public.
- Once proceedings have concluded, the legal office will prepare a post-hearing decision memo for the offender and his/her sponsor announcing the case's final disposition.
- The magistrate will render findings of fact and, consistent with any findings of misconduct, order that the juvenile undergo corrective action. Corrective actions include an oral or written counseling, counseling from Family Advocacy, a curfew, or community service work on base (with consent of parents).

The appeals process

- An appeal may be made within seven days if the accused and sponsor do not agree with the final decision.
- Upon further consideration of the case, a written decision on the appeal is provided.
- Once a final decision has been made, no records will be maintained by the magistrates on either the juvenile or the sponsor.

Laughlin newslines

AFAF kickoff

The 2001 Air Force Assistance Fund campaign kicked off Feb. 26 and will run through March 30.

The annual campaign generated \$4.3 million last year in contributions and has set a goal of \$3.4 million for this year. The annual campaign raises money for four charitable organizations benefiting active-duty, Reserve, Guard and retired Air Force people and their families, including surviving spouses and their families. Individuals can designate their donations to one or more of the four organizations as they wish.

Donations can be made by cash, check or payroll deduction. Please contact your unit representative in order to support your fellow Air Force personnel in need.

Pharmacy program

A new program takes effect for military retirees and their spouses age 65 and over. Special briefings are scheduled to be held March 23 at 10 and 11 a.m. at the Operations Training Center.

For more information, call Capt. Todd Smith at 298-6303.

Chiefs/Eagles game

The Chiefs are scheduled to play the Eagles again during the Chiefs/Eagles volleyball game at 3:30 p.m. at the XL Fitness Center March 29. Proceeds will go to Operation Jingle, a program to help needy airmen during Christmas time.

For more information, call Staff Sgt. Bruce Bond at 298-5633.

Information Assurance

2001 is Information Assurance Year. The focus of this observance is on government-owned, unsecured digital devices, including palm computers.

For more information, call Fredrick Ervin at 298-4271.

Tech. Sgt. tenure

Beginning July 1, the high year of tenure for technical sergeants will change from 20 to 22 years of service. Effective immediately, all technical sergeants are eligible to apply for a two-year extension.

For more information, call Tech. Sgt. Sheri Robinson at 298-4769.

Fraud, waste and abuse

Preventing fraud, waste and abuse is everyone's job! If you know of or suspect FWA, call 298-4170, or call the inspector general office at 298-5638.

Golden touch: ROTC commissions more lieutenants

By Airman 1st Class Marti Diehl

Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. — This spring the Air Force Officer Accession and Training School at Maxwell AFB is revitalizing its one-year professional officer course-early release program to increase the numbers of lieutenants being commissioned into the Air Force through the ROTC.

AFOATS is responsible for 75 percent of the production requirements for lieutenants for the Air Force, said Col. Stefan Eisen, Air Force ROTC commander. Any increases in officer accessions have to be picked up by AFOATS because it is more flexible than the U.S. Air Force Academy's four-year program, which produces the other 25 percent of lieutenants.

"The most flexible partner in AFOATS is Officer Training School," Eisen said. "Through its program, it can produce a second lieutenant in 12 weeks. However, there is a capacity limit at OTS."

Thus, according to Eisen, it falls to ROTC to meet the need for additional officers by implementing its one-year program.

All active-duty enlisted servicemembers who are within one year of completing their bachelor's degree, or who might already have a bachelor's and

wish to pursue master's degree credits, and are recommended by their wing commander can apply for the program.

The program is open to college seniors who are not sure of their post-graduation plans and may consider the Air Force as a career. Civilians who already have a bachelor's degree and are interested in graduate work may also apply.

The program application period runs from March 1 to Aug. 1. Those selected for the program before May 1 will attend Air Force ROTC field training this summer, and those who are accepted after May 1 but before Aug. 1 will attend field training during summer 2002. ROTC officials prefer to send as many as possible to field training 2001. After completing a full year of aerospace studies with an ROTC detachment and ROTC field training, the applicant will be commissioned into the Air Force as a second lieutenant with a four-year service commitment.

"On the active-duty Air Force side, we are looking for enlisted members who are within one year of completing their degrees," Eisen said. "These ex-

tra-hard working airmen are traditionally exceptional candidates for commissioning."

Active-duty enlisted servicemembers who are recommended by their wing commander and selected by the ROTC board will be discharged from the Air Force and enlisted in Air Force ROTC within 24 hours and become full-time college students. They will attend a full year of ROTC classes and complete field training. If qualified, scholarships will be awarded for tuition and books along with a monthly stipend.

"Enlisted personnel bring us their experience and motivation, and in return we give them leadership training in the world's leading Air Force," said Col. J.C. Mann, ROTC Registrar. "It's a win-win situation."

This program was implemented to meet the needs of the Air Force, Eisen said. A positive response is expected, and the needs of the Air Force will determine if the program is continued next year.

For more information, please visit <http://web1.maxwell.af.mil/afoats/enlisted/>.

"Enlisted personnel bring us their experience and motivation, and in return we give them leadership training in the world's leading Air Force."
-Col. J.C. Mann
ROTC registrar



Photo by Airman 1st Class Brad Pettit

Tuning in

Airman 1st Class Alex Luna-Ruiz, pass and registration section leader, 47th Security Forces Squadron, helps Marcus Jimenez, Laughlin family member, tune up his guitar during a lesson at the Youth Center Tuesday. Airman 1st Class Luna-Ruiz is giving the free lessons as part of Laughlin's Boys and Girls Club music program. The program is made possible by the Bonnie Raitt Music Education Program, which awarded 12 Fender acoustic guitars and one Fender electric guitar to the Laughlin Boys and Girls Club in its attempt to reach young people who might not otherwise be exposed to music. For more information about the music program, or to volunteer to teach guitar lessons, call Karen Cook at the Youth Center at 298-4363.

Wash. earthquake rocks McChord Air Force Base

A moderately strong earthquake hit the Pacific Northwest around mid day Feb. 28, rocking high-rise buildings and infrastructure from Seattle, Wash., to Portland, Ore. The magnitude of the quake was estimated as high as 7.0 on the Richter Scale by some sources. The epicenter is estimated to be 11 miles northeast of Olympia, approximately 15 miles south of McChord AFB.

Officials from the 62nd Airlift Wing, McChord's host unit, began assessing damage around the base immediately after the quake, which hit about 10:55 a.m. Initial estimates were that the base suffered minimal damage — a few power outages were reported in the base housing areas.

There were no injuries reported on the base. Operationally, no aircraft were damaged in the quake, and by noon, airfield operations had resumed scheduled activities.

Maj. Bill Barksdale, chief of public affairs for the 62nd AW, said more information regarding the earthquake will



be sent out as it becomes available.

"Our primary concern is that our people — Air Force people, their families and our civilian employees — are safe and sound, and that initially appears to be the case," Barksdale said. "We also have structural experts from our 62nd Civil Engineer Squadron canvassing the base to ensure our facilities are in check. It will be some time before the base can make an accurate assessment of all of the buildings on base, but initial estimates appear that we're all right in that regard, too."

(Courtesy of Air Force Print News)

Safety belts save lives – so buckle up!

‘Award,’ from page 1

traffic control operation for its professional service.

Other accomplishments included integrating civilians into the military controller force, negotiating an agreement with Mexico to conduct operations up to the international border, and restructuring airspace sectors to decrease controller workload and increase flight safety. The flight’s resourcefulness and professionalism were key to winning the award.

“You have to admit the line controllers out there doing the hard work deserve some recognition,” said Airfield Operations flight commander Capt. David Merritt. “The RAPCON deserves a high-five for this one!”

The Facility of the Year award is given to an ATC facility that contributed to the quality and safety of the ATC system, handled unusual workload, and sustained efficiency in air traffic control. Del Rio Approach Control competed with more than 10 other facilities in the AETC and will represent the command in the Air Force-level competition.

This was the second consecutive year that Laughlin airfield operations won AETC’s airfield operations top recognition. Last year, Del Rio Approach Control, Laughlin Air Traffic Control Tower, and Laughlin Base Operations competed together to win the Airfield Operations Flight Complex of the Year award.

While the RAPCON was recognized for its outstanding accomplishments in 2000, Merritt adds that radar controllers are just one part of a great team that make up Laughlin air traffic control and airfield management and help keep the local skies safe.

“I’m most proud of the way they work together day in and day out,” he said. “They take care of each other and make the mission happen. There’s a lot of class there.”



Photo by Staff Sgt. Joel Langton

Launch and land

For the first time, a space shuttle landed at Cape Canaveral Air Force Station. Perched on top of a modified NASA 747, the shuttle orbiter Columbia made its historic landing at Cape Canaveral AFS Monday.



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From the Blotter

(Feb. 24 - March 2)



■ An individual notified security forces of vandalism to Building 399/Friendship Pool. Security forces patrols arrived on scene. The complainant said she discovered several lawn chairs and two one-gallon plastic milk containers containing gasoline in the swimming pool. All evidence and reports were turned over to the security forces investigator.

■ The Val Verde Sheriff's Office dispatcher notified the security forces law enforcement desk that a military member was involved in a motorcycle accident. The individual was transported to Val Verde Medical Treatment Center and was reported in stable condition.

■ The West Gate installation entry controller radioed the law enforcement desk saying he observed two male individuals sitting around a campfire near the West Gate. Security forces detained two suspected illegal aliens. The individuals were turned over to the Border Patrol.

■ Two U.S. Marshalls asked the law enforcement desk for assistance in locating and detaining a civilian wanted for failure to appear in court. Location of the individual was identified and security forces escorted a U.S. Marshall to the scene. The individual was detained and transported off the installation.

■ An individual telephoned the law enforcement desk informing security forces that

there was damage to the bus stop on First Street. The left window to bus stop was shattered.

■ An individual telephoned the law enforcement desk and reported an individual was swinging a hammer at him. The two individuals involved were detained and were turned over to a Val Verde Sheriff's Office deputy officer.

■ Two privately owned vehicles collided at the corner of Mitchell Boulevard and Patterson Street. The two individuals driving the cars were detained and were turned over to a Val Verde Sheriff's deputy officer.

Tips of the week:

■ It is important that one check around his or her vehicle before backing out of a parking spot. It is also very important that people back out from these spots slowly and carefully. Also, when traveling through these parking lots, it is imperative that people keep their speed at less than 10 miles per hour.

■ Do not unnecessarily display valuable property or money.

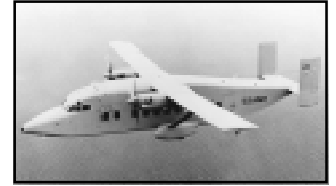
■ Do not leave your children's toys/bikes outside.

■ Do not leave valuable property in your vehicle.

■ Ensure you lock your doors and windows.

C-23 crashes, 21 dead

Three members of the Florida National Guard and 18 members of the 203rd RED HORSE Engineering Flight from Virginia Beach, Va., died Saturday near Unadilla, Ga., when the Army C-23 Sherpa aircraft they were flying in crashed.



C-23

The accident occurred while the aircraft was en route from Hurlburt Field, Fla., to Oceana, Va.

Dead from the Florida National Guard are Chief Warrant Officer John Duce of Orange Park, Fla., one of the pilots of the aircraft; Chief Warrant Officer Eric Larson of Land-O-Lakes, Fla., also a pilot; and Staff Sgt. Robert Ward of Lakeland, Fla., the flight engineer.

Guard members from the 203rd RED HORSE Engineering Flight from Virginia Beach, Va., who died are Master Sgt. James Beninati, Virginia Beach, Va.; Staff Sgt. Paul Blancato, Norfolk, Va.; Tech. Sgt. Ernest Blawas, Virginia Beach; Staff Sgt. Andrew H. Bridges, Chesapeake, Va.; Master Sgt. Eric Bulman, Virginia Beach; Staff Sgt. Paul Cramer, Norfolk; Tech. Sgt. Michael East, Parksley, Va.; Staff Sgt. Ronald Elkin, Norfolk; Staff Sgt. James Ferguson, Newport News, Va.; Staff Sgt. Randy Johnson, Emporia, Va.; Senior Airman Mathrew Kidd, Hampton, Va.; Master Sgt. Michael Lane, Moyock, N.C.; Tech. Sgt. Edwin

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Air Force gets \$20,000 for centrifuge research

By Tiffany Pitts

Aeronautical Systems Center Public Affairs

Air Force officials at Wright-Patterson AFB, Ohio, have accepted a \$20,000 royalty check from the world's largest centrifuge systems manufacturer for work that improves Air Force system performance while reducing operating costs.

Environmental Tectonics Corp. of Southampton, Pa., presented the check to the Air Force Research Laboratory's human effectiveness directorate for pilot research being done on pilot response to simulated maneuvers in a centrifuge.

A cooperative research and development agreement between AFRL and ETC allows researchers to study the responses and determine the best orientation for pilots to simulate gravity effects from airborne maneuvers.

"Negative, followed by positive, gravity maneuvers are critical to air dominance, yet they are the most dangerous to practice in a real airplane," said Tamara Chelette, directorate biomedical engineer and principal investigator. "This experiment is one of hundreds of AFRL's projects that improve Air Force system performance while reducing operating costs."

Since 1960, the U.S. armed services have lost three times as many pilots and airplanes in training accidents as in combat, according to service safety officials.

And training accidents are the biggest enemy the Air Force has faced since World War II, according to Air Force Safety Center officials at Kirtland Air Force Base, N.M. Since 1996, the Air Force has lost 189 pilots and crewmembers and \$3.5 billion in aircraft assets because of training accidents.

AFRL and the Air Force Institute of Technology are collaborating with ETC to develop an improved high-fidelity, full-motion centrifuge.

(Courtesy of Air Force Material Command News Service)



(Courtesy photo)

Air Force Research Laboratory researchers monitor pilot response to simulated maneuvers in a centrifuge. The research has earned AFRL a \$20,000 royalty check.

Enlisted PME survey seeks feedback

Enlisted people are encouraged to complete a Professional Military Education survey to get feedback on curriculum development.

In concert with the College for Enlisted Professional Military Education, the Occupational Measurement Squadron recently distributed the Enlisted PME survey to selected members. The survey period runs through April.

The survey is designed to get customer feedback on curriculum development from leadership and student perspectives, according to Air Force PME officials. A random selection of about 5,000 participants, including commanders, command chiefs, first sergeants, and other noncommissioned officers, has been asked to complete it.

Survey organizers said participants will receive the survey in a 3.5-inch disk format from

their local survey control monitors, and it should take about 30 minutes to complete. Depending on grade and position, some survey participants will be asked to go through the survey twice, evaluating both junior- and senior-level enlisted PME. Others will only evaluate Airman Leadership School and the NCO Academy.

"Participation in this survey is very important, and the feedback provided will go a long way in shaping tomorrow's enlisted leaders through a valued and effective enlisted PME curriculum," said Chief Master Sgt. Michael Eitnier, Air Force enlisted PME chief. "Participants should contact their local survey monitor if they need assistance."

(Courtesy of Air Force Print News)

Board determines cause of T-38 crash

RANDOLPH AFB — A broken metal rod caused an Air Force T-38 aircraft to crash Dec. 5 near Sheppard Air Force Base. The two pilots ejected from the aircraft and suffered only minor injuries.

An Air Force accident investigation board concluded that a fatigue break in a metal

rod in the flight control mechanism led to the accident. The fracture made the aircraft uncontrollable, and it crashed into an open wheat field.

The aircraft and crew were assigned to the 80th Flying Training Wing at Sheppard AFB. The pilots were on a routine flight training mission.

The Accident Investiga-



T-38

tion Board was headed by Col. Danny R. Ohnesorge, 71st Flying Training Wing, Vance Air Force Base, Okla.

(Courtesy of AETC News Service)

Recycle this newspaper.

Air Force funding curtails layoffs

RANDOLPH AFB – Last week Air Force officials notified a Randolph Air Force Base contractor to shelve plans to lay off additional workers following the reallocation of \$1.5 million for the service's T-38 Pacer Classic program.

Previously announced funding shortfalls prompted the contractor, Lear Seigler Inc., to schedule phased layoffs of the night shift at the contractor's facility at Randolph AFB.

Some layoffs occurred in January with more scheduled for late February and mid-March. The Air Force has asked the contractor to retain the remainder of the evening shift

in order to support the continued upgrade to the T-38 trainer aircraft.

The additional \$1.5 million was part of the fiscal 2000 budget and was reallocated to support this on-going program. This amount will allow Air Education and Training Command to upgrade 10 more T-38s in this program.

The T-38 Pacer Classic program is administered by the Ogden Air Logistics Center in Utah and performed at Randolph AFB. The T-38 Pacer Classic program makes structural improvements to extend the life of the aircraft to the year 2020.

'Crash,' from page 7

Richardson, Virginia Beach; Tech. Sgt. Dean Shelby, Virginia Beach; Staff Sgt. John Sincavage, Chesapeake; Staff Sgt. Gregory Skurupey, Gloucester, Va.; Staff Sgt. Richard Summerell, Franklin, Va.; and Maj. Frederick Watkins, Virginia Beach.

"I extend my deepest sympathy to the families who lost their loved ones in the tragic plane crash in Georgia," said Secretary of

Defense Donald H. Rumsfeld on Sunday. "Military service involves great danger, in times of peace as well as war, and this accident provides stark proof of that. We will do our very best to take care of the needs of family members in this difficult time. All 21 of these fine Americans served their country honorably and well, and we will remember their service and sacrifice."

The C-23 accident is currently being investigated.

(Courtesy of Air Force Print News)

Laughlin member to sew on senior master sergeant stripes

Master Sgt. Paul Tanaleon, 47th Communications Squadron chief of information management, was notified Wednesday that he is among the 1,354 Air Force senior master sergeant selectees.

Beginning April 1, and over the course of next year, 1,354 individuals out of 16,203 eligibles will sew on their new stripes. This represents a selection rate of 8.36 percent, an increase from last year's promotion rate of 7.89 percent.

Over the past few years, senior master sergeant promotion rates represent significant improvement when compared to percentages in the early to mid 1990s. For example, the 1994 selection rate was just 4.62 percent. The personnel objective for senior master sergeant is 6 percent. Officials say they are optimistic that Air Force enlisted promotion rates for all grades will continue to remain at or above the personnel objectives over the foreseeable future.

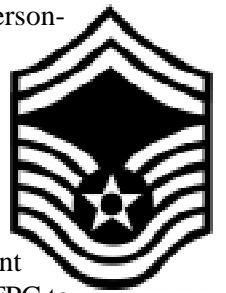
The cycle 01E8 Senior Master Sergeant Evaluation Board convened Feb. 5-23 at AFPC to evaluate individual records of senior master sergeants eligible for promotion.

The average total score of selectees during the cycle was 671.68. Average selectee score breakdowns are:

- 37.55 points, time in grade
- 20.53 points, time in service
- 135 points, performance reports
- 19.69 points for decorations
- 69.99 points for U.S. Air Force Supervisory Examination
- 388.92 points for evaluation board score
- The average selectee has 5.21 years time in grade and 19.42 years time in service.

"I think all airmen should make it one of their main goals to take on more responsibilities and succeed in their service to the Air Force," said Master Sgt. Tanaleon. "Being a more productive airman is one of the most important things a person can do for the Air Force. "The Air Force provides a lot of opportunities to its members; promotion is one of them and they have to work hard to advance. Study, study, study!"

(Compiled from staff reports)



Where can you find out what people are saying about your Air Force?



United States Air Force

**ONLINE
news**

Check out Letters to the Editor at:
<http://www.af.mil/newspaper>



Energy conservation important measure in conserving resources

By 1st Lt. Brian N. White
47th Civil Engineer Squadron

Utility rates across the nation have skyrocketed to unparalleled levels in the last few months.

As a customer, Laughlin is not immune to these new rates. Laughlin's December billing rate climbed 35 percent from the month prior. All indications show a similar, if not higher hike on January's bill! To put this situation into perspective, Laughlin spent more for natural gas in the first quarter of Fiscal Year 2001 than in all of Fiscal Year 2000.

Natural gas burning accounts for more than 40 percent of Laughlin's electrical production, and electrical rates are expected to increase in the months ahead as well. Additionally, for the first time since energy reduction was mandated by Executive Order 12904, Laughlin is not measuring up to mandated reductions.

With these things in mind, it is important to have the cooperation of base members in reducing consumption.

It may seem like there is nothing Laughlin members can do to prevent California's rolling blackouts or even help reduce Laughlin's energy bill. The truth is, while the rolling blackouts may be unpreventable, all base members have the power to help reduce consumption locally. At home, Laughlin members can make sure that lights both in and outside the home are on only when needed. At home and at work, Laughlin members can

save energy by turning off fluorescent lights when they are not in use. Original fluorescent lighting technology required almost 2 hours worth of energy on every startup. Today, fluorescent lights are much more efficient and require very little startup energy. The old rule of "leave it on if you are coming back" is no longer valid. Everyone can save energy by shutting off heating and cooling to the unoccupied spaces at home and at work (one should work with his or her facility manager on the latter).

Setting the thermostat between 68-72 degrees in the winter and between 72-76 degrees in the summer will save energy. Keeping the doors and windows closed during the heating and cooling seasons also helps tremendously. Conversely, there are times when Laughlin members can turn off the entire heating and cooling system and open the screen door and let in the fresh air.

Being energy conscience does not require years of engineering training, nor does it require an AFIT satellite course. Usually, it requires observation and one simple question, "Why?" If one keeps his eyes open and thinks about why, he will see ways to reduce energy use.

Look for informational flyers and articles in the coming months that will help arm us all in the fight to reduce energy consumption. Above all else, remember, when it comes to saving energy, you have the power!

Question of the week

Who is the most influential woman in history? Why?



"Jackie Joyner-Kersee. She showed America that women truly had a rightful place in the Olympics."

Staff Sgt.
John Fastinger
XL Fitness Center



"Sojourner Truth. She was devoted to the antislavery movement and was a fiery advocate of women's rights. She was one of the most distinguished African-American women of the 19th century and today."

Airman
Chonte Donnell
47th Security Forces Squadron



"Mary McLeod Bethune. She was an educator who believed that through education, black people could begin to earn a living in a country that still opposed racial equality."

Roslyn Battle
47th Mission Support Squadron



"Hellen Keller who managed to overcome so many physical disabilities to fight for the rights of women."

Lois Yeakle
47th Flying Training Wing

Tax tips make tax season less taxing

By 2nd Lt. Neil Whelden

47th Flying Training Wing Legal office

Tax season is here again. To some, the tax season is time to worry and maybe even panic. So, to help relieve some of that stress, here are some tips to remember when filing a tax return:

Child tax credit – One may be able to take a credit on his or her tax return of up to \$500 for each qualifying child under age 17 at the end of 2000. An additional child tax credit is available for certain people who have three or more children.

Name change – Those who have changed their names because of marriage, divorce, etc., should immediately notify the Social Security Administration so the name appearing on his or her tax return is the same name as the one the SSA has on its records.

Refund status – Taxpayers can check the status of their refunds by calling TeleTax at (800)

829-4477, 24 hours a day.

Death of a Spouse – Surviving spouses filing joint returns, and no personal representative has been appointed, should sign the return and write in the signature area, "filing as surviving spouse."

Homesale Exclusion – Thanks to the homesale exclusion, many taxpayers may be able to exclude all of the gain realized when they sell their principal residence. As with many tax breaks, however, the homesale exclusion has special rules and conditions that must be met before a taxpayer may exclude the gain.

Service in combat zone – One is allowed extra time to take care of tax matters if he or she served in a combat zone, or if he or she is not in the military but served in the combat zone in support of the armed forces.

Education IRA – An education IRA is a tax-exempt trust or custodial account established for

the purpose of paying the higher education expenses of a designated beneficiary, who must be under 18 years of age at the time any contribution is made to the education IRA. Contributions of up to \$500 per year are permitted for each account beneficiary subject to limits based on the contributor's income. Although contributions are not deductible, earnings on amounts in an education IRA are not taxable.

Roth IRA – One may be able to establish a Roth IRA. In this type of IRA, contributions are not deductible, but earnings grow tax-free and qualified withdrawals are not taxable. One may also be able to convert a traditional IRA to a Roth IRA, but he or she must include all or part of the taxable converted amount in income.

For more information on any of these topics, call Janice Bush at the Laughlin tax center in the Legal office at 298-5172.

The *XLer*

Hometown: Dothan, Ala.

Family: Husband, Michael; son, Mason, 2 1/2 years old; daughter, Georgia, 2 months old

Time at Laughlin: 3 years

Time in service: 6 years in April

Name one way to improve life at Laughlin:

Have first-term airmen stay here no longer than two years. The whole base's morale would be greatly improved.

Hobbies: Karate and painting

Greatest accomplishment: Giving birth to my two children

Bad habit: Eating junk food

Favorite beverage: Sweet tea

Favorite food: Steak and potatoes

Motto: If you can dream it, you can achieve it.

If you could spend one hour with any person,



Photo by Airman 1st Class Brad Pettit

Staff Sgt. Maria Hitchcock

47th Operations Support Squadron

who would it be and why?

My father. I had not seen him in five months before he passed away. I would have liked the chance to see him

and tell him that his granddaughter was on the way. He is whom she was named after.

Where are they now?

Name: Capt. C.J. "Chester" McCarthy

Class/Date of graduation from Laughlin: Class 98-03, Dec. 16, 1997

Aircraft you now fly and base you are stationed at: F-15C Eagle at Mountain Home AFB, Idaho

Mission of your current aircraft? Air superiority

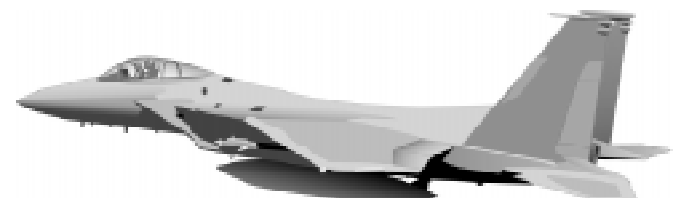
What do you like most about your current aircraft? Our mission. Air superiority. Quite simply, I like our job. We are responsible for disrupting and/or destroying all enemy aircraft that are a potential threat to any friendly aircraft. The F-15C is a great jet to accomplish this mission.

What do you dislike most about your current aircraft? As the F-15C gets older, the parts get harder to come by and the maintenance becomes more tasking.

What was the most important thing you learned at Laughlin besides learning to fly? I was fortunate enough to be a member of an outstanding pilot class. I learned how important it was to ask for help when you need it and give the help when you're needed to do so.

What is your most memorable experience from Laughlin? Earning my wings.

What advice would you give SUPT students at Laughlin? Do the best you can to be a good pilot and team player. You have to take care of yourself by making sure you are ready to fly, but you also need to be ready to help others out.



Who's watching your kids when they aren't in school?

Base school-age program provides after-school child care

By Karen Cook
Laughlin Youth Center

Millions of working parents in America glance uneasily at the clock. It's time to call home and make sure everything is OK and remind the kids not to go outside or open the door for strangers.

Nearly 28 million school-age children have working parents. An estimated million of these children receive no adult supervision after school. Millions of children whose parents cannot take them to soccer, dance, piano and other activities are left alone, or worse, caring for younger siblings until a parent gets home.

According to national polls, after school hours between 3-8 p.m. are the most dangerous. During this time, the national crime rate triples. Youth are more likely to smoke, drink, do drugs and engage in sexual activity during this unsupervised time. Because of this, parents should remember that supervised care and guidance in age appropriate after-school activities are still important as children get older.

All base employees – including military, civilian and contract – are eligible to use Youth Center programs. Laughlin employees can enroll their children between ages 5-14 in the Youth Center's School Age Program, which is the only nationally accredited school-age pro-

gram in Del Rio specifically designed to meet the needs of school-age children.

The Youth Center staff is specially trained to meet these needs. Youth Center staff receive background checks, are certified in CPR and First Aid, have yearly training on child abuse, positive guidance, food handling, safety and health, and are required to complete school-age training modules.

The Youth Center also offers many activities to enhance children's social and academic achievement. Youth Center employees stress to children the importance of helping the environment and the community, as well as celebrating diversity. Many multicultural activities are available, as well as one-on-one tutoring for children who need help in specific academic areas such as reading, writing, math or science.

The weekly fee for the School Age Program is based on a person's total family income. Drop-in care is also offered on a space available basis for a fee of \$2.50 per hour. There are also programs to help with child-care costs.

The Youth Center hours for the School Age Program are from 6:45-8:30 a.m., 2:30-5:30 p.m., and 6:45 a.m.-5:30 p.m. during school days. Meals and snacks are provided.

For more information on other Youth Center programs and their operating hours, call Denise Booth or Karen Cook at 298-4363.

Leaving children alone

If a person is faced with the option of having to leave his or her children at home alone, the following policies apply:

- In accordance with Texas law, no child under age 5 can be left unsupervised at any time.
 - Children between ages 5-9 should not be left unsupervised in base housing (a parent or responsible adult should be immediately available to the child). This includes waiting at the school bus stop.
 - Children between ages 10-13 may be left unsupervised. The time period should not exceed eight hours during daylight.
 - No child under the age of 14 should be left alone overnight.
- Baby-sitters on Laughlin should be at least 12 years old.
- Overnight baby-sitters should be at least 16 years old.
 - All baby-sitters should take a Red Cross baby-sitting course.

Chapel Schedule

Catholic

- Saturday Vigil Mass, 5 p.m.
- Sunday Mass, 9:30 a.m.
- Confession by appointment.
- Choir, 6 p.m. Thursdays.
- CCD, 11 a.m., Religious Education Building
- Little Rock Scripture Study, 11 a.m. Sunday in Chapel Fellowship Hall

Jewish

Max Stool, call 775-4519.

Muslim

Dr. Mostafa Salama, call 768-9200.

Protestant

- General worship, 11 a.m.
 - Women's Bible Study, 12:30-2:15 p.m. Wednesday at Chapel.
 - Student Wives' Fellowship, 7-9 p.m. Monday. Call 298-7365.
 - Sunday school, 9:30 a.m. at the Religious Education Building.
 - Choir, 7 p.m. Wednesday at Chapel
- ### **Chapel Youth Group**
- Sunday, 5 p.m. Chapel Fellowship Hall

For more information on chapel events and services, call 298-5111.

Women in history

Activist: Susan B. Anthony

Birthplace: Adams, Massachusetts

Education: Although most girls did not receive a formal education in the early 1800s, Susan B. Anthony's father, Daniel, as a sixth generation Quaker, believed in equal treatment for boys and girls. Consequently, Susan and her three sisters had the same opportunity for advanced education as her two brothers. Susan attended a private Quaker boarding school in Philadelphia.



1820-1906

Family background: The Anthony family was very active in the reform movements of the day. They worked for temperance (the prohibition of alcohol), the antislavery movement, plus both of Susan B. Anthony's parents (Daniel and Lucy) and her sister, Mary, signed the "Declaration of Sentiments" at the Second Women's Rights Convention held in Seneca Falls, N.Y., in 1848.

Accomplishments: Susan B. Anthony dedicated her life to "the cause," the woman suffrage movement. The accomplishments of Susan B. Anthony paved the way for the passage of the Nineteenth Amendment in 1920 (14 years after her death), which gave women the right to vote. Her accomplishments include the following:

- Founded the National Woman's Suffrage Association in 1869 with lifelong friend Elizabeth Cady Stanton. Together they worked for women's suffrage for more than 50 years.
- Published "The Revolution" from 1868-1870, a weekly paper about the woman's suffrage movement whose motto read, "Men their rights and nothing more; women their rights and nothing less."
- First person arrested, put on trial and fined for voting on Nov. 5, 1872. Unable to speak in her defense she refused to pay "a dollar of your unjust penalty."
- Wrote the Susan B. Anthony Amendment in 1878, which later became the 19th Amendment giving women the right to vote.
- Helped found the National American Woman's Suffrage Association in 1890, which focused on a national amendment to secure women the vote. She served as president until 1900.
- Founded the International Council of Women (1888) and the International Woman Suffrage Council (1904), which brought international attention to suffrage.
- Led the only nonviolent revolution in our country's history — the 72 year struggle to win women the right to vote.

IG Find-a-Word

E C H A I N O F C O M M A N D L
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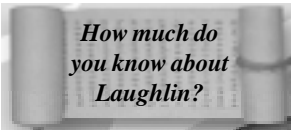
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SUSPECT
TESTIMONY
UCMJ
WASTE
WITNESS

Laughlin History

Q: What was the first light bomber fitted for delivery of atomic weapons?

- (a) B-45
(b) B-50
(c) B-36



A: The correct answer is (a). Developed during World War II, the B-45 could not initially carry atomic weapons. Beginning in 1950, however, 60 B-45 aircraft were earmarked for modification to carry such munitions. Those aircraft were assigned to the 47th Bombardment Wing, the 47th Flying Training Wing's predecessor.

Editor's note: In last week's Laughlin History, the question asked if retired Chief Master Sgt. Thomas N. Barnes was either Laughlin's first senior enlisted adviser and the fourth chief master sergeant of the Air Force or Laughlin's first senior enlisted adviser and an Air Education and Training Command senior enlisted adviser. The answer is all of the above. Chief Barnes served in these capacities and was also the first African American chief master sergeant of the Air Force.

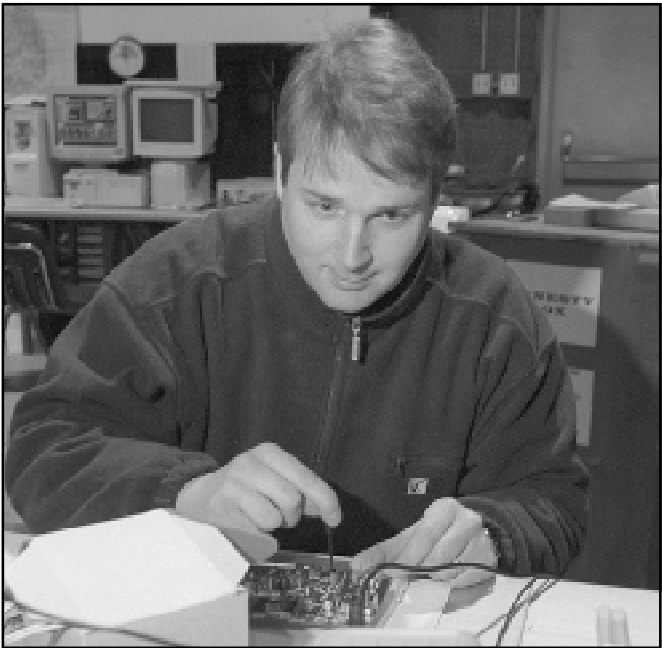


Photo by Staff Sgt. Timothy Cook

Prepare for launch

Kris Robinson, Air Force Research Lab engineer, Hanscom Air Force Base, Mass., prepares a circuit board for a test balloon launch at Osan Air Base, Republic of Korea, Feb. 15. The circuit board helps to record readings from a test cell attached to a helium balloon to determine effects of optical turbulence on laser guided munitions.

Weeding through the myths: Nutrition facts can be misleading

By Staff Sgt. Jenny Ruiz
Health and Wellness Center

Messages about nutrition can be confusing. It seems everyone always has advice when it comes to how to eat healthier. It is important for everyone to know what is nutrition fact and what is fiction.

March is National Nutrition Month, which calls on members to evaluate their eating habits and lifestyle. To do this, people must know what is really healthy and what is not.

Here are some common nutrition myths and the truth about them.

■ **Myth 1: Snacking between meals is bad.**

Contrary to what is often said, eating several small meals throughout the day will boost metabolic rate, help people feel more energetic and make it easier for them to manage their weight. However, what they choose for a snack is also important. Variety and moderation also apply. Some healthy snack choices include fruits or vegetables, lowfat yogurt, air-popped popcorn, a lowfat muffin, or crackers.

To help teach kids the benefits of healthy snacking habits, plan or schedule snack breaks so

they learn that snacking does not mean continuous eating.

■ **Myth 2: Nutritious foods are more expensive.**

The good news is that some of the most economical foods are also the most nutritious. For example, breads, cereals, pasta, rice, baked potatoes, fruits and veggies are all low in fat and high in complex carbohydrates and fiber. There are plenty of inexpensive food choices within each food group, so load up the shopping cart while shopping. And remember, foods come in a variety and range of sizes, shapes, textures and tastes.

■ **Myth 3: Lowfat or fat-free foods don't taste good.**

Enjoying food is one of life's little pleasures, and healthy eating can taste great. Be adventurous! Experiment with new foods, new recipes and the many ethnic cuisines that are out there. Look for a healthy cookbook.

■ **Myth 4: Avoiding red meat will make a person healthier.**

Meat is an important source of iron and zinc, two nutrients that many people have difficulty obtaining in adequate amounts. Eliminating one food from your diet is not the answer; it is a question of how much and how often one is eating these

foods. Choose a leaner cut of meat, and eat smaller portions.

■ **Myth 5: Cereal is for kids only.**

Cereal is a great way to start anyone's morning. But don't think of cereal as just a morning food. It can be enjoyed at any time of the day. Most cereals are lowfat and if one uses skim or 1 percent milk in it, they are eating a healthy snack. Most cereals provide sources of fiber, iron, vitamin B, zinc, and complex carbohydrates.

■ **Myth 6: Sugar is a major cause of certain health problems.**

With the exception of dental care (cavities), there is no evidence that moderate consumption of sugar poses health problems. There is no evidence to support the beliefs that sugar causes cancer, heart disease, diabetes, obesity or even hyperactivity in children. As far as enjoyment of sweet foods like desserts, these foods can be a part of overall healthy eating patterns if eaten in balance and moderation over time. Foods like cereals, fruit or yogurt, which contain sugar, are good sources of many important nutrients.

For more information on nutrition and/or fitness, please call Staff Sgt. Jenny Ruiz at 298-6464, or stop by your Health and Wellness Center.

Intramural basketball standings

<u>Team</u>	<u>Win</u>	<u>Loss</u>	<u>Points for</u>	<u>Points against</u>
87 FTS	5	0	264	176
OSS #1	6	1	325	266
Med Gp	5	1	262	210
CS/CONS/				
SVS	4	2	216	234
LCSAM	4	2	207	172
8/85 FTS	4	3	313	276
CES	2	2	220	192
86 FTS	2	4	207	248
OSS #2	2	5	210	290
EAST	1	4	93	161

Sports programs

Workout program

The XL Fitness Center is sponsoring a self-directed workout program called "Laughlin Around the World in 365 Days." The program simulates traveling from one place to another by using various pieces of fitness equipment to get there. Prizes will be awarded.

For more information, call Staff Sgt. Javier Aguirre at 298-5326.

Trap and skeet

A trap and skeet league is ongoing every Sunday from noon until 3 p.m. This is an individual league with no handicaps. One round of skeet and one of trap are available for everyone.

For more information, call Doug Peckham at 298-5830.